

Austin Royals Volleyball 2018

Tardy and Absence Policy

GENERAL ABSENCES

Excused absence: Illness or death in the family. An illness is defined as running fever, vomiting or diarrhea and will require a note from the parent.

Unexcused absence: Family vacation, mission trip, congestion, allergies, lack of sleep, minor headache, mouth hurting from braces, PSAT, classes (missing more than half of practice), anything I haven't thought of

If you are absent for a practice or a match for any **unexcused** reason, you will sit out the entire FIRST SET(game) of the next match you play OR you may make up the unexcused absence. This is regardless of whether the missed practice or match is the practice or match immediately preceding the next match. For example, if you miss a practice on Tuesday and attend practice on Wednesday you will sit out the first set of the match on Thursday if you haven't done a make up.

Here is the process for making up practices for unexcused absences:

If you miss a practice or match, you can make up a practice by performing the following:

One set of net shuffles including 10 push-ups and 25 crunches AND 5 minutes of serve and chase. In order to make up a practice this must be done BEFORE a practice and must start NO LATER than 6:50(3:20 if a Monday afternoon practice). Coach Laura is always at practice by 6:45 or 3:15. If you have more than one to make up, you may do more than one in one morning (or afternoon) if you arrive sooner.

If you know in advance (i.e. PSAT, vacation) you will miss a practice or match, you may make up that absence in advance.

If you miss a practice immediately preceding a match for an unexcused reason there will be no opportunity to make up that practice and you will sit out the first set of that match.

PRACTICE TARDINESS

Practice starts on time. You will be considered late if you are not ready to step on the court for practice at the start time. This means you will arrive at practice 10 minutes in advance so you can put your shoes on, etc. and socialize before practice starts.

First Tardy

There will be no consequences for the first tardy to practice as long as you have called or texted one of the coaches to let us know that you will be late. If you don't call or text, you will do one round of net shuffles (by definition this includes 10 push-ups and 25 crunches)

Second and Subsequent Tardies

Unless there is an extenuating circumstance beyond your control, you will do one round of net shuffles after practice as a consequence for being late.

****If you drive yourself to practice, we will not expect you to text while you are driving. However, if you make a habit of being late we will discuss with your parents what needs to be done to make sure you will be able to arrive on time. (For example, you can't continually leave your house late and use stop lights as an excuse for not arriving on time.)**

MATCH TARDINESS

You will be expected to arrive at matches 45 minutes in advance. If you will be late, you must text your coach to let her/him know.

If you text the coach and you arrive at the match prior to the official warm-up (approximately 30 minutes before the match), you will still start if you have a starting position.

If you do NOT text the coach and you arrive less than 30 minutes prior to the start of the match, you will not start that match.

Even if you text the coach and arrive after the official warm-up has started (10 minutes before the match), you will not start.

If you are late (arrive less than 30 minutes before the match) more than 2 times, you will lose your starting position.

INJURIES

If you are injured, you are expected to come to practices and matches. You are a part of the team and are expected to support your team and learn while you are recovering.

Extreme pain from an acute injury will be an excused absence. Once the pain has subsided, you will be expected to return to practice and matches. Choosing to be absent will require a make-up once the injury is healed. Extenuating circumstances may be discussed further with the coach.